



the pulse



Volume 8 Issue 1 (2015-2016) CENTER FOR WELLNESS AND MEDICAL PROFESSIONS NEWSLETTER October 2015

Important Dates :

OCTOBER

- 10/2 **Pink Friday**
10/4 College Fair @USFSP 1-3 pm
10/9 **Pink Friday**
10/10 **HERricane Glam Run**
10/14 HOSA Meeting/Spirit Day
10/19 No School
10/27 Financial Aid @ DHS 6-7:30
10/28 Jr. Class Ceremony 7:00 pm
10/30 Honor Roll Donut Day

NOVEMBER

- 11/17 CWMP Parent Meeting
11/18 HOSA Meeting/Spirit Day
11/23 -27 Thanksgiving Holiday

DECEMBER

- 12/9 HOSA Meeting/Spirit Day
12/18 CWMP Teacher Luncheon
12/21 Winter Holiday Begins

JANUARY

- 1/4 School Resumes
1/13 HOSA Meeting/Spirit Day
1/18 CWMP Newsletter Deadline
1/19 CWMP Booster Board Mtg
1/22 Honor Roll Donut Day



Newsletter Items

If you would like to submit items to the newsletter, please contact Helen Feininger at phuhsmmNews@gmail.com

From the Desk of Ms. Dupee



Welcome back, to the 2015-2016 school year as always I am very excited to be working with your students in the Medical Magnet Program this year. Some new faces in our medical program this year are Ms. Patti Hewitt our new Guidance Counselor, Ms. Erin Morse our new Biomedical/Anatomy & Physiology teacher and Mrs. Sarah Coupart our new Health Science II teacher.

Certification update: Congrats to our students, last school year we had 159 Certifications earned in CNA, EKG, HUC, CMAA and ACSM.

Important Dates to Watch for:

- 10/28 Junior Scrub and Coats Ceremony
- 3/30 Sophomore Breakfast
- 4/21 Freshman Pinning Ceremony
- 5/22 Senior Celebration

Sincerely,

Peggy Dupee,

Assistant Principal/Program Coordinator

Center for Wellness and Medical Professions



Medical Magnet Booster Club

Parents,
The Booster Club is dedicated to supporting the students and teachers of the medical magnet program. We help students enjoy their high school experience more and get even more out of the medical magnet program. Events, celebrations and recognitions go a long way to help build memories and friendships that last a lifetime for you and your child!



CWMP BOOSTER CLUB

WE NEED YOU! Joining the Booster Club every year and volunteering at our events are great ways for you to support the students, meet other parents, and get involved in the PHUHS and medical magnet community. A little goes a long way and we appreciate every bit of it

Sincerely,

Gina Kugler - CWMP Booster Club President



CWMP BOARD 2015-2016

President	Gina Kugler	Phuhsmp@gmail.com
Vice President	Colleen Bemis	Phuhsmmvp@gmail.com
Secretary	Jeanne Davis	Phuhsms@gmail.com
Treasurer	Sheryl Bartolotti	Phuhsmtt@gmail.com
Communications	Ellen Martin	Phuhsmmc@gmail.com
Ways & Means	Bonnie Gustafson	Phuhsmmwm@gmail.com
Special Events	Kristi O'Connor	phuhsmmEvents@gmail.com
Adopt A Teacher	Lynda Morrill	phuhsmmAdopt@gmail.com
Membership	Robin May	phuhsmmMember@gmail.com
Newsletter	Helen Feininger	phuhsmmNews@gmail.com
Volunteer Coordinator	Heather Milleman	phuhsmmVol@gmail.com
Senior Banquet	Sheryl Bartolotti Tammy Mitchiner	phuhsmmCords@gmail.com
Merchandise Sales	Colleen Bemis	Phuhsmmvp@gmail.com
Senior T-shirt & Tervis Tumbler	Tammy Mitchiner	Mmitchiner@aol.com
HERricane Race Coordinator	Gina Kugler & Tori DiSalvio	phuhsmm5K@gmail.com
Website & Scrubs Ceremony	Kristi O'Connor	phuhsmmWeb@gmail.com
Holiday Lunch	Sharon Shulman	Sshulman3@verizon.net
Sophomore Breakfast	Andrea Weaver	weavera@pesb.org
Donut Day	Lynda Morrill	Lyndamorrill@hotmail.com
CWMP Coordinator	Peggy Dupee	dupeep@pesb.org



Now thru Race Day!

Storm Against Breast Cancer at PHUHS



Pink Fridays!

- September 25TH
- October 2ND
- October 9TH

RACE DAY! October 10TH!

GET CREATIVE! Dress in your fave head-to-toe PINK glam!
*DRESS CODE STILL APPLIES

HERRICANE glam RUN 5K

October 10, 2015



Questions?

PHHUSMM5K@gmail.com

Benefits go to:

Morton Plant Mease Mammography Voucher Program
and PHUHS Medical Magnet Booster Club

STORM AGAINST
BREAST CANCER
CHARITY RUN

VOLUNTEER HOURS

- CWMP students must have a total of 200 volunteer hours turned in before graduation.
- 100 hours must be medical related volunteer hours and may take place in any medical setting (No pre approval needed).
- 100 Bright Future hours—**must have pre approval** from guidance counselor before you begin volunteering for Bright Futures hours.
- If your 100 hours of Bright Futures was in a medically related setting like Hospice, you still need to complete 200 hours total. The other 100 hours can be in area, like helping a teacher, picking up trash, volunteering at Discovery Night, the Magnet Fair, etc.



**Meets the 2nd Wednesday after school
every month**

HOSA is a service orientated national student organization. Students learn leadership and technical skills as they compete in regional, state and national competitions. HOSA's main service project is to support the Kimberly Home, helping the children with clothing and small items for the holiday.

HOSA Membership Requirements:

- \$30 Membership fees
- 3.0 GPA in medical courses
- 3.0 GPA overall
- No probations
- Attendance is required

Competition sign-ups will be October 20th-30th.

HOSA utilizes REMIND 101. This is a free and safe way to communicate information to students and parents through texting/e-mailing news regarding HOSA. Phone numbers and e-mail addresses are kept private, via the one-way messaging capabilities of this service. If you would like to sign-up to receive meeting reminders, notifications, and other pertinent HOSA information, please follow instructions below:

To sign up for REMIND 101:

⇒ Text (To: 81010): @203694

Tutoring

When:

Monday & Wednesday

Time:

6:00—8:00pm

Where:

Cafeteria

Tutoring in all subjects is available to all students plus credit recovery.



Senior Web Page

Seniors, stay informed with senior activities by checking the PHUHS senior webpage at www.phuhs.org

- Yearbook Sales
- Yearbook Ad Deadlines
- Senior Panoramic
- Senior Exam Schedule
- Senior Breakfast
- Grad Nite
- Cap & Gown Information
- Graduation—June 1st @ Tropicana Field

CWMP Named "Academy of Distinction"

The Pinellas Education Foundation and officials from the Pinellas County school district recognized five high schools as "**academies of distinction**".

Congratulations to Palm Harbor's Medical Magnet Program for being nationally recognized with Exemplary Distinction and receiving the Academy of Distinction award. Our CWMP program was one of only 5 programs to earn this prestigious award.

Ribbon Cutting Ceremony

On August 27, 2015, Principal, Christen Gonzalez held a ribbon cutting ceremony to officially open the new Palm Harbor University's building.



WFLA News Channel 8 & 933 FLZ Pep Rally



PHUHS won the News Channel 8 and 933 FLZ Pep Rally! The Canes' spirit and energy was electrifying. The Pep Rally was televised Friday, September 18th on the 8am and 4pm news broadcasts. Students, faculty, parents, football players, cheerleaders and the Pep Band were all on hand to show their school spirit!

PHUHS went on to win their homecoming football game against Newsome high school. Our football team is having an exciting, winning season! Go Canes!

Certification Results

2013-2014

EKG	35/37	Passed
HUC	6/15	Passed
ACSM	3/41	Passed
CMAA	1/1	Passed
C.N.A.	60/68	Passed

2014-2015

EKG	82/83	Passed
HUC	3/18	Passed
ACSM	2/10	Passed
CMAA	12/18	Passed
C.N.A.	60/68	Passed

We are very proud of our CWMP students for earning 264 Certifications!

Guidance Corner



About the SAT

The SAT is an aptitude & reasoning test.

Sign up at: www.collegeboard.com

SAT Test Date	Registration
November 7	October 9
December 5	November 5
January 23	December 28
March 5	February 5
May 7	April 8
June 4	May 5



About the ACT

The ACT is based on actual high school curriculum.

Sign up at: <http://www.actstudent.org>

ACT Test Date	Registration
December 12	November 6
February 6	January 8
April 9	March 4
June 11	May 6



College Fair—October 4th at USFSP:

Pinellas County College Fair will be held on Sunday, Oct 4th at University of South Florida/St Petersburg Campus from 1:00-3:00pm.



Financial Aid Workshop—October 27th at DHS:

Attend a free seminar at Dunedin High School from 6:00-7:30pm to learn about scholarships and available financial aid. Also receive assistance on how to complete applications and forms required for scholarships and need-based aid.



St Petersburg College/ SAT Prep Classes

SPC offers a 6-week after school SAT Prep class twice a year on the PHU campus (Fall and Spring). All books and practice tests are provided. Look for classes starting in October to prepare for the December test. For more information, Email Mrs. Weaver at weavera@pcsb.org



Under the Microscope Ethan William Kugler



The Pulse is highlighting Ethan Kugler, a junior in our biomedical program. Ethan is the Junior Class Vice President, a Peer Connector Leader, a HOSA member and a junior swim team captain for the men's varsity swim team. He is a student ambassador for Ms. Dupee, on the student advisory committee, and the co-chair for the school wide promotion of the "HERricane" Glam Run. Ethan is active with the Adventure Treks group which takes month long trips to different regions of North America learning leadership skills. This year the group went to Alaska for 30 days.

Ethan completed most of his Bright Futures and medical volunteer hours at the Palm Harbor YMCA with over 200 hours teaching 4-7 year olds proper swimming techniques. He has also completed many hours helping out with the medical magnet booster club and the "HERricane" Glam Run with over 275 volunteer hours to date.

The Pulse: What are your thoughts on the Medical Program and did it meet your expectations?

Ethan: Well, the medical program for me didn't turn out quite as I planned. After my first year, I had the option to join the new biomedical path which is a totally new branch in our medical magnet program. I loved my medical class freshman year. I found it incredibly interesting and I had such a high passion for learning, it was my highest grade! In the Biomedical program, it is self learning and done on the computer which took a little getting used to but is awesome now. We learned lots of things and did crazy interesting labs. It's a lot of work, but I am looking forward to what it has to offer these next two years.

The Pulse: What is your favorite class and elective?

Ethan: My favorite class is my Biomedical class. I find it very interesting and since its two periods long, I can really focus and indulge in what I'm doing and not worry about other classes.

The Pulse: What do you like about being in the Medical Program?

Ethan: I like learning about things I've been interested in for a long time and being able to create a nice community with my fellow medical classmates and be with them in most of the same classes. Working with them to achieve our goals and learning about things that everyone finds interesting really is one of the things that sticks out and makes me love the medical program.

The Pulse: What is the most interesting thing you have learned by being part of the Medical Program?

Ethan: The most interesting thing I have learned, was how important the medical or biomedical field is in the real world and we have the future of that medical/biomedical world in our hands.

The Pulse: What makes the Biomedical program worthwhile?

Ethan: There are many reason the program is worthwhile. First, it's a block program, two periods long. This gives you time to focus and engage in what you're learning to its fullest and lets you explore different fields. Second, you do lots of hands on learning and apply what you learned from the labs. Lastly, the labs are very cool and the equipment is very interesting.

The Pulse: What are your future plans after graduation? What field of study are you interesting in pursuing?

Ethan: I'm leaning toward Astrophysics but haven't totally decided. It will most definitely be in the field of science.

The Pulse: What advice to you have for other medical students?

Ethan: My advice is to do the things you enjoy and learn about the things that make you happy. This will help you know what you really want to do later in your lives.



CWMP Spotlight - Ms. Patricia Hewitt



Introducing, Ms. Patricia Hewitt, our NEW CWMP Guidance Counselor!

Ms. Hewitt just moved to Florida in July. She is happy to be here and looks forward to working with the students and families. She knows there is a lot to learn, but will do her best to help in any way that she can to learn as fast as she can in order to best serve the students and families of the medical program. She is excited to be part of the Medical program and counseling team at PHUHS and has found all the students and staff to be friendly and welcoming.

Ms. Hewitt is from Norwood, PA, which is just south of the Philadelphia International Airport. She attended West Chester University in West Chester, PA where she earned her Bachelor's degree in Education. She earned her Master's in School Counseling from Widener University in Chester, PA, and The College of New Jersey for a Specialist degree in Family Counseling.

Prior to coming to PHUHS, she was a high school counselor in Piscataway, NJ for 12 years. Before that, she taught elementary school in the inner city of Philadelphia for 5 years and was a middle school teacher for 2 ^{1/2} years in Piscataway as well.

To her, being a guidance counselor is so worthwhile because she really enjoys helping all people. It is an amazing experience to watch students grow and mature and reach their goals! It is so much fun to hear about former students who are doctors, pharmacists, researchers, lawyers, teachers, police officers and the list goes on!

Her advice to her students, is to set goals and work to attain them. Goal setting and enacting a plan to reach those goals will help you to stay focused so you can reach them. And to dream big, you can do anything that you set your mind to! Life is not always easy; your teenage years can often times prove to be challenging. Over the years, she has found that the students who remained determined, focused, and tenacious yet flexible, humble, and positive have achieved great things in life. The qualities she admire most in her students, is their desire to help other people and their kindness. How hard they work is quite admirable too!

In her spare time, she enjoys going for walks and watching the sunset. She enjoys jogging with her fiancé's dog, Mischa and loves the beach. She likes to read for enjoyment, enjoys cooking new recipes and spending time with family and friends.

Ok, cover your ears, but she loves watching the Philadelphia Eagles and the New York Jets. Both teams have former students of hers on their teams, so it is neat to watch them. However, her fiancé is working on converting her to a Buccaneers fan. If you want to know her favorite college team to watch, then you'll have to visit her office. Her favorite places to eat are those that have a place where you can eat on the rooftop or on the beach. Crab and tuna dishes tend to be her favorites. Her favorite place to vacation is anywhere there is a beach and the sun. Lisa Scottolini books are her favorite books to read, as they take place in Philadelphia.



Fall Sports



Congratulations to all our Center for Wellness and Medical Professions Participants
The Medical Magnet program strongly encourages our students to be involved in PHUHS activities.

Varsity Football

Ryan Brogan
Chris D'Agostino
Ryan Fletcher
Eric Graber
Michael Grant
Samson Jackson
Chris Koustis
Jordan Litowchak
Will Morlan
Cameron Mouton



JV Football

Peter Cintron
James Gelep
Lucas Gelep
Jacob Huot
Jason Milleman
Michael Orbesen
Carson Pohl
Hayden Schuster
Lucas Speer
Ethan White
Anthony Young



Girls Golf

Alexandra Beresh
Samantha Clouser
Alexandra Johnson
Brooke Sanders



Boys Golf

Trevor Eiseman
Parker Fox
Matthew Perenich
Lertchai Saengfah

Girls Varsity Cheer Team

Olivia Alford
Tessa Delgo
Katie Feininger
Daniella Klima
Samantha Lorenzo
Cara Mallory
Kyndal Midkiff
Ashley Milleman
Brooke Montaudou
Paeton Parks
Brittany Rhodes



Boys Swimming

Alex Barragan
Michael Bemis
Quinlan Harsch
Matthew Hom
Ethan Kugler
Jakob Mowry



Girls Swimming

Ashton Bedlack
Britney Caprio
Emily Carollo
Becky DeVincenzo
Haley Ernst
Hannah Hansen
Madison Jones
Madison Koplar
Annabella Mowry
Briana Negron
Taylor Smith
Arianne Surita-Rodriguez
Allison Swan
Ashley Thomas
Madison Tittle
Parker Walters
Caroline Ward



Girls JV Cheer Team

Kayla Forant
Kaitlyn Ordway
Rebecca Ranson
Jenna Stephenson
Kendra Summers

Boys Cross Country

Kylar Barrett
Garrit Dubois
Sam Maiocco
Jakob Mowry

Girls Cross Country

Abigail Bowman
Anna Hamilton
Grace Michalk
Anabella Mowry
Alexa Orbesen
Madison Skinner
Isabella Stamas

Varsity Volleyball

Lindsey Bauer
Renee Mussler
Kelly Roberts

JV Volleyball

Malia Barker
Hannah Enzor
Riley Kearney
Kassidy Kleinmeier
Maggie Metz
McKenna Mills
Meghan Prattt





Where Are They Now? PHU CWMP Alumni



Kate Powell-CWMP Class of 2010



Katie graduated from PHU's medical magnet program in 2010. In the fall of 2013, she was accepted at Florida Gulf Coast University's Bachelors of Science Nursing Program. After 2 very long and tough years, Kate graduated from Nursing School in May of 2015. FGCU has the 2nd highest pass rate in the state for the NCLEX. One month later, Kate took and passed the NCLEX and received her state of Florida Registered Nursing License. In July, she interviewed for a new graduate program at Bayfront Hospital in downtown St. Petersburg which is a level 2 trauma facility for ER nurse residency. Impressively, Kate was one of three that was accepted into the program out of over 100 applicants. Kate will continue working in the Bayfront ER for the next two years as part of her contract and will receive her Trauma Nurse Certification as well other certifications to further her education to be an ER nurse.

Lady Canes Varsity



Kelly Roberts #6

Class: Junior/2017
Position: DS/L
Height: 5'5"
Program/Clubs: Medical
Interests: Creative Writing
Plans: Attend FSU or FGCU, then go into the Navy as a Medical Officer.



Renee Mussler #18

Class: Junior/2017
Position: MB/MH
Height: 5'9"
Program/Clubs: Medical, FBLA, HOSA & Habitat for Humanity
Interests: Beach Volleyball
Plans: Play Beach Volleyball in college, attend Law School & have a career as a sports agent!



Lindsay Bauer #21

Class: Junior/2017
Position: MB/MH
Height: 5'11"
Program/Clubs: Medical, HOSA, FBLA & Interact
Interests: Anything creative & hanging out with friends.
Plans: Majoring in Business & Sports Management.

Booster Club Membership

Parents:

Now that the stress of the beginning of the school year has subsided, please take this time to become a member of the Medical Magnet Booster Club! Our goal is to reach 100% membership. Membership forms are available on our CWMP website under the CWMP section. Forms can be printed and turned in to the school.

Tropical Storm Members:

Barrett Family
Christy & Ron Bedlack
Fred & Imelda Behnke
Pia Beltran
Allison & David Bennett
Niles C. Bullis
Debra & Tim Burnaman
Gene & Tara Byrd
Sharon & Stephen Calabrese
Rich Callum
Tim & Karen Daniele
Tori DiSalvio
Helen & Bill Feininger
John & Teresa Francis
Michael & Jennifer Gardner
Mr. & Mrs. Paul Gelep
Tim & Debbie Gorman
The Grein Family
Bonnie Gustafson
Suzanne Hamilton
Marlene & Carlos Hernandez
Incorvaia Family
Juliano
Kasatshko Family
Teri Cull-Doyle
Christine Knipp
Gina & Brad Kugler
Chris & Tracy Lynch
Mattei Family
William & Kristi Megargel
Melissa Michalk-Long
The Montaudo Family
Moraca Family
Lynda Morrill
Patchen Family
Lisa & Matt Povlow
Sarah & Kevin Ranson
Regan Family
Cathy Rhodes
Lisa & Gary Schick
Sharon Shulman
Lisa Shuttera
Julanne Speer
Adele Thurin/Shawn Thurin
Joanne Vitro
Ethan White Family
Mark & Patty Wisniewski

Category 1 Members:

The Amon Family
Ryan & Kim Barker
Brian & Nancy Battaglia
Jim & Colleen Bemis
Christine Beresh
Sara Buteau
June Caruso
Linda & Bill Coleman
Jody & Scott Davidson
Kim Enzor
Brigid Flanagan
Tom & Debbie Flanagan
Gisella Garcia
Gerber Family
Robert Haire
Katherine Herron
Pat & Toby Hom
Victor & Lori Lamb
John & Leigh Learing
Loscalzo Family
May Family
McKnight
Suzy Metz
Heather Milleman
Minnich Family
Mitchiner Family
Nebriada Family
Carlos & Diane Negron
Charlotte Oliver
Marshel & Sandy O'Shields
Emily Pineiro
Tony & Barbara Proia
Carol "Kelly" Raymond
Teresa & Hector Reyes
Joan Regan
Arianna Santiago
Kelly Smith
Patricia & William Stamas
Stanton Family
Steslicki Family
Josephine Ukpe
Kathryn Vetter
Channing Young Family
Anna Zarb
Zuelke Family

Category 2 Members:

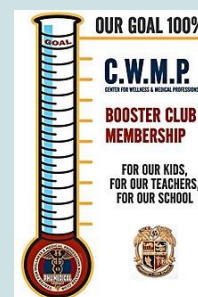
Allen Family
Janice Andrews
Austen Cross
Jeanne & Jim Davis
Mary-Beth & Dean DuBois
Jennifer Gust
Harsch Family
The Lucas Family
Laura & Brian Maiocco
Norwood Family
Pickens Family
Mikaela & Carson Pohl
Zhina Rodas
Yiallourous Family

Category 3 Members:

The Salzman Family

Business Membership Silver Sponsorships

Kelly Ackler, Realtor IFL
Mamas Kitchen— Seminole



The Booster Club provides many activities for our students and teachers. Listed below are some examples of what the Booster Club provides:

Student Recognition Events: Teacher Recognition Events

- | | |
|--|-------------------------------------|
| • Freshman Class Pinning Ceremony | • Holiday Luncheon |
| • Sophomore Class Breakfast | • Teacher Appreciation |
| • Sophomore Class Observation Days at Morton Plant /Mease Hospital | • "Tireless Teacher" Award |
| • Junior Class Scrubs & Coats Ceremony | • Teacher, Medical & Lab supplies |
| • Senior Class Graduation Banquet and Cord Ceremony | • HOSA support |
| • Scholarship Awards for Graduating Seniors | • Honor Roll Recognition Donut Days |

Without your continued support, we would not be able to provide these special, fun events.

Thank you for your generosity and continued commitments to the Medical Magnet program and to our students.

Robin May
Membership/Medical Magnet Boosters
phuhsmmmember@gmail.com

Thank-You to Our Sponsors



BENEFITS GO TO:
MORTON PLANT MEASE
MAMMOGRAPHY VOUCHER
PROGRAM AND PHUHS
MEDICAL MAGNET
BOOSTER CLUB

- Free boas for first 300 registrants
- T-shirt for every participant
- Age group + team awards
- Chip timed
- Guys, gals, young and old
- Fun, glam and free stuff

QUESTIONS?: PHUHSMM5K@GMAIL.COM



CDI Services